

„When Change Comes Knocking...”

**A gentle companion for the times
when life begins to shift. ”**



An EFT Guide by Heike Richter.



“When Change Comes Knocking...”

A gentle companion for the times when life begins to shift.

- Your Personal EFT Tapping Guide -

Note

This tapping guide is a trauma-sensitive self-help exercise. You tap at your own responsibility. EFT does not replace medical, psychotherapeutic, or (where applicable) licensed alternative practitioner care and is not a substitute for diagnosis or therapy. Do not change or discontinue medications/treatments. For diagnosed trauma, severe distress, or serious physical or mental health problems, please use EFT with professional support and seek help.

What is EFT?

Emotional Freedom Techniques (EFT), also called “tapping acupressure,” is a simple method where specific acupressure points are gently tapped. At the same time, stressful thoughts or feelings are spoken out loud. This can help release tension, reduce stress, and create more calm and relaxation.

The Tapping Points

1. Side of the hand
2. Eyebrow
3. Side of the eye
4. Under the eye
5. Under the nose
6. Chin point
7. Collarbone point
8. Under the arm
9. Top of the head



👉 Watch the tapping points video

To make it easier to find the points, you can also watch the video. Simply scan the QR code or click on the link.



Instructions

Go through all the points in the given order for each round.

At each point, speak the corresponding phrase.

Keep breathing calmly. Repeat the rounds two or three times.



Tapping Round A – Arriving in What Is

- **Karate Chop:** *“Even though change makes me feel uncertain, I accept myself exactly as I am.”*
 - **Eye brow:** *“I can feel this inner resistance.”*
 - **Side of Eye:** *“A part of me wants everything to stay the way it was.”*
 - **Under Eye:** *“This restlessness is allowed to be here.”*
 - **Under Nose:** *“I breathe into this tension within me.”*
 - **Chin:** *“I understand that change needs time.”*
 - **Collarbone:** *“I’m slowly finding my footing again.”*
 - **Under Arm:** *“I am allowed to feel safe, even when life is shifting.”*
 - **Top of Head:** *“I release the pressure to understand everything right away.”*
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Tapping Round B – A Gentle Opening, Quiet Trust

- **Karate Chop:** *“Even though I can’t control everything, I’m allowed to feel clearly what matters to me.”*
 - **Eye brow:** *“I choose what truly supports me.”*
 - **Side of Eye:** *“Not everything from the past needs to stay.”*
 - **Under Eye:** *“I’m allowed to let go of what no longer fits.”*
 - **Under Nose:** *“I’m realigning myself from within.”*
 - **Chin:** *“I can set boundaries when things feel too much.”*
 - **Collarbone:** *“I’m reorganizing myself — step by step.”*
 - **Under Arm:** *“I trust the direction that feels right for me.”*
 - **Top of Head:** *“I choose consciously what strengthens me.”*
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Tapping Round C – Stability & Gentle Moving Forward

- **Karate Chop:** *“Even though the path ahead is still open, I take my next step with confidence.”*
 - **Eyebrow:** *“I allow myself to change and to grow.”*
 - **Side of Eye:** *“I open to new possibilities.”*
 - **Under Eye:** *“I carry my experiences with me as a source of strength.”*
 - **Under Nose:** *“I am ready to welcome what’s new.”*
 - **Chin:** *“I can rely on my inner stability.”*
 - **Collarbone:** *“I move with the flow of life.”*
 - **Under Arm:** *“I am part of the change — not a victim of it.”*
 - **Top of Head:** *“I move forward — calm, aware, and in my own time.”*
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💜 Repeat the sequence as needed.

Many people notice after 2–3 rounds that their stress level decreases and more calm enters.



🌟 Thank you for tapping with EFT!

If you want to dive deeper, here are more ways to get inspired and supported:

📖 My Book:

Krank und glücklich – Darf man das?: Handbuch für EFT-Klopfakupressur & meine ganz persönliche EFT-Erfolgsgeschichte

(My personal handbook on EFT and my own story of healing. Available in German only.)

👤 My YouTube Channel:

👉 *EFT mit Heike* – with practical videos, guidance, and inspiration around EFT.

(Some videos include English subtitles.)

🌐 My Homepage:

<https://eft-mit-heike.jimdosite.com> (German only).

🎥 My Personal EFT Success Story

EFT has helped me in one of the hardest times of my life to regain joy and strength.

👉 My [Before-and-After video](#) on YouTube: “EFT mit Heike.”

There you can see how EFT changed my life – from exhaustion and sadness to energy, radiance, and joy.

You can also find interviews with me on the channels of **Sabine Rösner** and **Sabine König**, two experienced EFT coaches, as well as on local TV:

👉 [TV Interview](#) – Glück Auf TV – Kanal 9 Erzgebirge (German only).

“When emotions are in balance, life feels lighter and freer.

For many, that is pure happiness.” 💜



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Safety & Liability

This EFT tapping guide is a trauma-sensitive self-help exercise
and does not replace medical or psychotherapeutic diagnosis/treatment.
No guarantees of outcome.
Do not change or stop medications/treatments.
For diagnosed trauma, flashbacks, dissociation, or strong overwhelm,
please tap with professional support (psychotherapy / licensed alternative practitioner for psychotherapy).
Own responsibility:
By tapping along, you act at your own responsibility and risk.
Stop the exercise if it does not feel good and seek support.
In acute crises, call emergency number 112
or the medical on-call service 116117 (Germany).